

Red Cliff Community Health Center Newsletter

OCTOBER 2010

Clinic Hours 715-779-3707

M - F 8am to 4:30pm

Pharmacy Hours 715-779-3157

M - F 9am to 12pm
& 1pm to 4pm

Dental Hours 715-779-3707

M - F

Call for an appointment.

Optical Hours 715-779-3707

M & W afternoons
1pm to 4pm

CHR Transportation Times

Tuesdays and Thursdays only.

Transports are for Contract
Health Service Clients.

Call for an appointment.

Out of town transports must be
made 48 hours prior to the
appointment.

Transports are not available
when the Clinic is closed and
when the GSA vehicles are not
available.

Contact: Janet Hillert
715-779-3707

DOMESTIC VIOLENCE AWARENESS MONTH

How can I help a Friend or Family member who is being abused?

Don't be afraid to let him or her know that you are concerned for their safety.

Help your friend or family member recognize the abuse. Tell him or her you see what is going on and that you want to help. Help them recognize that what is happening is not "normal" and that they deserve a healthy, non-violent relationship.

Acknowledge that he or she is in a very difficult and scary situation. Let your friend or family member know that the abuse is not their fault. Reassure him or her that they are not alone and that there is help and support out there.

Be supportive. Listen to your friend or family member. Remember that it may be difficult for him or her to talk about the abuse. Let him or her know that you are available to help whenever they may need it. What they need most is someone who will believe and listen to them.

Be non-judgmental. Respect your friend or family member's decisions. There are many reasons why victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criti-

cize his or her decisions or try to guilt them. He or she will need your support even more during those times.



Encourage him or her to participate in activities outside of the relationship with friends and family.

If he or she ends the relationship, continue to be supportive of them. Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. He or she will need time to mourn the loss of the relationship and will especially need your support at that time.

Help him or her to develop a safety plan.

Encourage him or her to talk to people who can provide help and guidance.

Find a local domestic violence agency that provides counseling or support groups. Offer to go with him or her to talk to family and friends. If he or she has to go to the police, court or a lawyer, offer to go along for moral support.

Remember that you cannot "rescue" him or her. Although it is difficult to see someone you care about get hurt, ultimately the person getting hurt has to be the one to decide that they want to do something about it. It's important for you to support him or her and help them find a way to safety and peace.

If you think your friend or family member may be abusive, please call the 24-hour National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224 to discuss your concerns and questions.

Or call your local Crisis Intervention Services:

Red Cliff Family Violence Prevention Program

715-779-3769 M-F

715-779-5084 24hrs

New Day Shelter

Crisis line Ashland 715
-682-9565 or toll free 1-
800-924-4132

Center Against Sexual & Domestic Abuse

PO Box 41, Washburn
715-373-0870 or toll free
1-800-649-2921

**Crisis Line-Ashland Co/
Bayfield Co**

Toll free 1-866-317-9362

Don't Let the Bed Bugs Bite



What are bed bugs?

Bed bugs are insects that, as adults, have oval-shaped bodies with no wings. Prior to feeding, they are about 1/4 inch long and flat as paper. After feeding, they turn dark red and become bloated. Eggs are whitish, pear-shaped and about the size of a pinhead. Clusters of 10-50 eggs can be found in cracks and crevices. Bed bugs have a one-year life span during which time a female can lay 200-400 eggs depending on food supply and temperature. Eggs hatch in about 10 days.

What do bed bugs feed on?

Bed bugs prefer to feed on human blood, but will also bite mammals and birds. Bed bugs bite at night, and will bite all over a human body, especially around the face, neck, upper torso, arms and hands. Bed bugs can survive up to six months without feeding. Both male and female bed bugs bite.

Can I get sick from bed bugs?

There are no known cases of infectious disease transmitted by bed bug bites. Most people are not aware that they have been bitten but some people are more sensitive to the bite and may have a localized reaction. Scratching the bitten areas can lead to infection.

How do bed bugs get into my home?

Bed bugs are often carried into a home on objects such as furniture and clothing. If you think you have a bed bug problem, check for live bed bugs or shells in the following areas:

- Seams, creases, tufts and folds of mattresses and box springs
- Cracks in the bed frame and head board
- Under chairs, couches, beds, dust covers
- Between the cushions of couches and chairs
- Under area rugs and the edges of carpets
- Between the folds of curtains
- In drawers
- Behind baseboards, and around window and door casings
- Behind electrical plates and under loose wallpaper, paintings and posters
- In cracks in plaster
- In telephones, radios, and clocks

Bed Bugs continued...

Bed bugs can also travel from apartment to apartment along pipes, electrical wiring and other openings. If the infestation is heavy, a sweet smell may be noticed in the room.

What can I do if I have bed bugs in my home?

The best method to deal with bed bugs is Integrated Pest Management (IPM), which combines a variety of techniques and products that pose the least risk to human health and the environment.

1. Consult with a professional Pest Control operator to confirm that you have bed bugs.
2. Inspect your mattress and bed frame, particularly the folds, crevices and the underside, and other locations where bed bugs like to hide.
3. Use a nozzle attachment on the vacuum to capture the bed bugs and their eggs. Vacuum all crevices on your mattress, bed frame, baseboards and any objects close to the bed. It is essential to vacuum daily and empty the vacuum immediately.
4. Wash all your linens in the hottest water possible and place them in a hot dryer for 20 minutes. Consider covering your pillows and mattress with a plastic cover.
5. Remove all unnecessary clutter.
6. Seal cracks and crevices between baseboards, on wood bed frames, floors and walls with caulking. Repair or remove peeling wallpaper, tighten loose light switch covers, and seal any openings where pipes, wires or other utilities come into your home (pay special attention to walls that are shared between apartments).
7. Monitor daily by setting out glue boards or sticky tape (carpet tape works well) to catch the bed bugs. Closely examine any items that you are bringing into your home.
8. Consult professional pest control services and discuss options that pose the least risk to humans and the environment. If you choose to treat the infestation with an insecticide, call a Professional Pest Control Service for more information. Use the least toxic product available and follow all manufacturers' instructions. Whether you choose Integrated Pest Management or insecticides, you may continue to see some living bed bugs for up to ten days. This is normal. If you continue to see a large number of bed bugs after two weeks, contact a professional pest control service.

What do bed bug bites look like?



When bed bugs bite people, they inject their saliva into the biting area, causing the skin to become irritated and inflamed. Individual responses to bed bug bites will vary. The skin lesion from bed bug bites may go unnoticed, or be mistaken for flea or mosquito bites or

other skin conditions. Four types of skin rashes have been described in the literature:

1. The most common rash is made up of localized red and itchy flat lesions. The classical bed bug bites could be presented in a linear fashion in a group of three, which is called "breakfast, lunch, and dinner".

Bed Bugs continued....

2. Small raised red swelling lesions are also common.
3. In rare cases, people may develop large raised, often itchy, red welts.
4. In people with high sensitivity to bed bug saliva, people may develop a lump filled with blood or fluid. Bed bug bites most commonly occur on exposed areas of the body, including face, neck, hands, arms, lower legs or all over the body.

How do I treat bed bug bites?

Most bed bug bites go away by themselves and don't need treatment. Keep the skin clean and try not to scratch. If the bites are very itchy, your doctor may prescribe cream or antihistamines to relieve the itchiness. Oral antibiotics may be prescribed for any secondary skin infection from excessive scratching.

How do I prevent bed bugs from entering my home?

- Although even the cleanest homes

and hotels can have bed bugs, regular house cleaning, including vacuuming your mattress, can help to prevent an infestation. Clean up clutter to help reduce the number of places bed bugs can hide.

- Be careful when buying used furniture or clothes. Make sure to inspect the used item, and feel free to ask the retailer if the items were checked for bed bugs.

- Use caution when bringing home used furniture or clothes from the curb side. These

items may be infested with bed bugs.

- When traveling take the following precautions:

o **Inspect the room and furniture:** inspect all cracks and crevices of the mattress

and box spring, and look for blood spots or live insects. Request a different room

if you find evidence of bed bugs.

o **Protect your luggage:** keep all belongings in your luggage and wrap

your

luggage in plastic to help prevent bed bugs from entering your luggage. Keep

luggage on the shelf or away from the floor.

o **Protect the bed:** move the bed away from the wall, tuck in all bed sheets and

keep blankets from touching the floor.

o **Upon returning home:** keep your luggage in an isolated area of your home, such

as the garage. Inspect the luggage. Wash all your clothes in the hottest water

possible and put them in a hot dryer for 20 minutes.

If you have any questions about bed bugs or other household pests, please contact Environmental Health Specialist Dick Reese at 779-3707.

October 23 to 31,



2010



TM



drugfree!



Steps to Breast Self-Examination

Just as your period ends (or at the same time each month if you do not have periods), check for any change in the normal look or feel of your breasts. Report any changes to your doctor or nurse. Go for regular breast exams and ask about a mammogram.



Step 1: Lying Down

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to check your right breast
- Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand



These steps may be repeated while bathing or showering using soapy hands.

Step 2: In Front of the Mirror

Look for any changes from normal. Inspect your breasts in four steps:

- Hold arms at your side
- Hold arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips



Warning Signs

See your doctor or nurse if you notice any of these things in your breasts:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Susan G. Komen for the Cure recommends the following:

- Mammograms every year starting at age 40

Women under 40 with either a family history of breast cancer or other concerns should talk with a health care provider. Screening tests may be needed more often and/or started earlier.

- Clinical breast exams by a health care provider at least every 3 years starting at age 20, and every year after 40
- Breast self-exams every month starting by age 20

For more information about breast health or breast cancer, please visit our website or call our Breast Care Helpline.

www.komen.org 1-800 I'M AWARE
(1-800-462-9273)

Susan G. Komen for the Cure does not provide medical advice.
©2007 Susan G. Komen for the Cure. Item No. B06-301-GA, General Audience 1/07



Red Cliff 2010 Wellness Fair



Please join us to learn about health programs and resources in our community that can help improve your health and quality of life.

Celebrate Good Health!

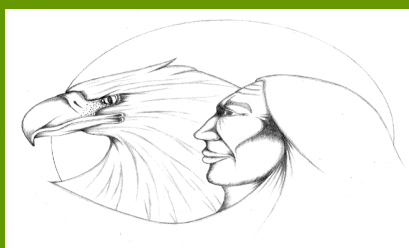
Wednesday, November 3, 2010

9:00am - 1:00pm

Red Cliff Isle Vista Casino Bingo Hall

Information on:

- Breast Cancer Prevention
- Tobacco Abuse Prevention
- Men's Health
- Prescription Drug Abuse
- Prescription Disposal
- HIV
- Injury Prevention-Elder Falls
- Medical Benefits



INFLUENZA

&

PNEUMONIA VACCINE

WILL BE AVAILABLE

INFLUENZA...\$30.00

PNEUMONIA...\$45.00

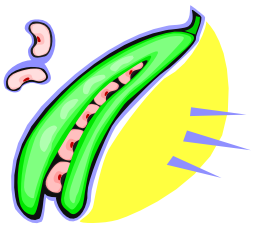
Free Screenings

- ✓ **Blood Pressure**
- ✓ **Cholesterol**
- ✓ **HbA1C**
- ✓ **Hemoglobin**

Healthy, light refreshments will be available.

For more information call

715-779-3707



TO OUR ELDERS!



The Red Cliff Agricultural Program would like your help in compiling some recipes you may have for vegetables.



Soups, salads, snacks or entire meals; if there are veggies in it we want to know about it.

Contact Melanie or Sarah @ 779-3782

HONORING OUR CHILDREN UPDATE

“We talk baby talk.”

HOC Staff is:

Debra Elmore-Nesheim, HOC Nurse and On-site Coordinator

& Rose Gordon, Outreach Worker



Due to staffing cuts and limited funding, Honoring Our Children will be making some changes. These changes are being made so we can continue to support **all** of our HOC clients in the best way possible.

- The NEST will be opened on Fridays only. Please plan your NEST shopping accordingly.
- Diapers are now available in bundles of 10. One bundle per month per family is the limit.
- Gas vouchers can be purchased with NEST points as available. One per family per month is the limit.
- The Little Readers points are changing to 3 points per book read with a limit of 2 books per day.

Honoring Our Children exists to supply prenatal and new families with individualized resources and education needed for them to be the best families and parents possible. Our NEST store supplements our families' income with earned incentives.



Honoring Our Children

RED CLIFF HEALTH CLINIC

88455 Pike Road, Highway 13
Bayfield, WI 54814

Phone: 715-779-3707
Fax: 715-779-3777

Little Readers



Families enrolled in **Honoring Our Children** can earn NEST points!

Fill in the date and title of each book you read to your child. Each book is worth 3 points (up to 6 points per day). Return to the HOC for your NEST points – and keep on turning those pages!

Date	Title	Date	Title





Red Cliff Elderly Nutrition Program OCTOBER 2010 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Have A Safe & Happy HALLOWEEN!</p> <p>Gate Night - Saturday, October 30th (Red Cliff Youth-Trick or Treat Night)</p>	<p>CANCELLATIONS Can Be Heard On: WATW am 1400 WJH fm 96.7 WBSZ fm 93.3 WNXR fm 107.3 MENU'S Are Subject To Change Without Notice! Portions Provide 33 1/3% of Daily Recommended Elder Allowance</p>	<p>IMPORTANT NUMBERS TO REMEMBER: Brigitte Gokee-Elderly Director 779-3720 Work / 209-3875 Cell PROGRAM ASSISTANT: Bruce Topping 209-6892</p>	<p>KITCHEN STAFF Shawna LaPointe-Head Cook Alex Villiard-Assistant Cook 779-3746 Work 209-3874 Cell</p>
<p>4 GRILLED HAM Fried Potatoes Oatmeal Orange Wedges Dessert</p>	<p>5 BURRITO'S Spanish Rice Refried Beans Apricot Halves Dessert</p>	<p>6 PORK CHOPS Mac & Cheese Blueberries Green Beans Dessert</p>	<p>7 SALISBURY STEAKS Baby Reds Garden Salad Peaches Dessert</p>
<p>11 BREAKFAST SANDWICH (Sausage Patty, Egg, Cheese, English Muffin) Hashbrown Stix Banana/Dessert</p>	<p>12 SLOPPY JOES Baked Lay's Three Bean Salad Pears Dessert</p>	<p>13 BAKED HAM Boiled Potato Corn/Dinner Roll Pineapple Dessert</p>	<p>14 CHICKEN & BISCUIT (Chicken, Peas, Carrots Over a Fresh Baked Biscuit) Banana Dessert</p>
<p>18 HARD BOILED EGGS Bacon Mixed Fruit Orange Juice Dessert</p>	<p>19 LASAGNA CASSEROLE Garlic Bread Cottage Cheese Peaches Dessert</p>	<p>20 HOT TURKEY SANDWICH Mashed Potatoes Cranberries Dessert</p>	<p>21 HAMBURGERS Tater Tots Corn Apple Sauce Dessert</p>
<p>25 BELGIUM WAFFLES Strawberry Topping Sausage Links Watermelon Dessert</p>	<p>26 TACO SALAD (Seasoned Ground Beef, Cheese, Lettuce, Tomatoes, Chips) Pineapple Dessert</p>	<p>27 HOT DOG Potato Salad Cherry Tomatoes Apple Slices Dessert</p>	<p>28 CHICKEN FAJITA (Seasoned Chicken, Green Pepper, Onion, Tortilla) Plum Dessert</p>

Red Cliff Elderly Program and other “Happenings”—OCTOBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please contact <i>Bruce Topping</i> @ 209-6892 for Transportation or other questions.						
**Tribal Specialists are Raquel Bell, GLITC Elderly Benefit Specialist (715) 588-3324 Lisa Ludwig, GLITC Disability Benefit Specialist (715) 588-3324 Crystal Newago, RC Medicaid Outreach/Medical Benefits Specialist (715) 779-3707 Sarah Quale, RC Tribal Aging and Disability Resource Specialist (715) 779-3490						
3 Pies/Crisps →	4	5 Thrift Store open 3-7pm	6	7 Thrift Store open 3-7pm	8 Elder Shopping Depart 9 a.m.	9
10 Elderly Steering Bingo @ IVC	11 Diabetic Support group 6pm Back Dayroom	12 Elderly Steering 1:30 Back Dayroom Thrift Store open 3-7pm	13	14 Northern Lights visit, depart @ 1:30 Thrift Store open 3-7pm	15	16
17	18	19 Thrift Store open 3-7pm	20 *A Helping of Health at Elderly Nutrition Center	21 Thrift Store open 3-7pm SC/FG Fall Gathering: LDF	22 Elder Shopping Depart 9 a.m.	23
24	25	26 Thrift Store open 3-7pm	27	28 Birthday Day! BINGO! @ Elderly Nutrition Center Northern Lights visit, depart @ 1:30	29	30 Thrift Store open 3-7pm Red Cliff “Gate Night”

31 ELDERLY
Transportation
50/50 bingo
@ IVC
Happy Halloween

LIVER HEALTH



Ways to Take Care of Your Liver

Healthy Lifestyle

Eating a healthy diet and exercising regularly help the liver to work well. Eating an unhealthy diet can lead to liver disease. For example, a person who eats a lot of fatty foods is at higher risk of being overweight and having non-alcoholic fatty liver disease.

- Eat foods from all the food groups: grains, protein, dairy, fruits, vegetables, and fats.
- Eat foods that have a lot of fiber such as fresh fruits and vegetables, whole grain breads, rice and cereals

Limit the Amount of Alcohol You Drink

Alcohol can damage or destroy liver cells. Liver damage can lead to the build up of fat in your liver (fatty liver), inflammation or swelling of your liver (alcoholic hepatitis), and/or scarring of your liver (cirrhosis). For people with liver disease, even a small amount of alcohol can make the disease worse. Talk to your doctor about what amount of alcohol is right for you.

Manage Your Medications

When medicines are taken incorrectly - by taking too much or the wrong type or by mixing - the liver can be harmed.

- Learn about medicines and how they can affect the liver.
- Follow dosing instructions
- Talk to a doctor or pharmacist often about the medicines you are taking.

Avoid Breathing in or Touching Toxins

Toxins can injure liver cells.

- Limit direct contact with toxins from cleaning and aerosol products, insecticides, chemicals, and additives in cigarettes.
- Do not smoke.



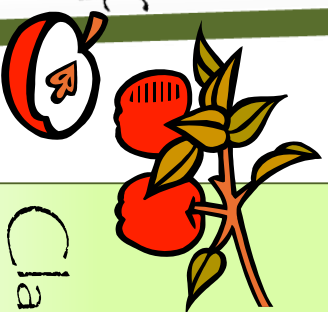
Canning Class



October 16th,
2010

From 1 to 6pm

At the Red Cliff
Elderly Site
Nutrition Site



We will be canning/making

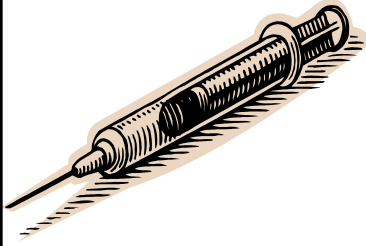
Apple Sauce

Apple Butter and

Apple Jelly

Class size, 10 people

Call 715-779-3782 to
signup for this session



How to Dispose of Used Needles

The Red Cliff Health Center would like to help our clients with proper disposal of insulin syringes and needles. To protect people and our environment, please follow these directions:

- 1. Put your syringes, with needles on them into a strong container with a tight fitting lid (laundry detergent bottle, coffee can, etc.). Do not place needles in a container that could be punctured, like a milk container.**
- 2. After you use the needle, place the cap or safety device on it and put the whole syringe and needle into the container.**
- 3. When your container is full, securely place the lid on it. Use tape if necessary to make sure the lid will not come off. Place a red bio-hazard sticker on it.**



You can get these stickers at the Health Center.

- 4. Bring the sealed container to the Health Center and we will dispose of it for you.**

10 Ways to Keep Your Baby Healthy



Did you know that on any given day, almost 1 in 3 children don't eat a single serving of vegetables?



Keep it social. Turn off the TV, the radio, and the computer when it's time to eat. Create family rituals at the dinner table to establish a sense of tradition. Include your baby in the conversation.

These simple precautions will become second-nature to you as you and your baby grow together:

1. **Keep your baby's immunizations up to date.** Take your baby for regular checkups and make sure her immunizations stay on schedule.
2. **Wash your hands.** Use friction, running water, and soap for at least 20 seconds to be effective. Ask everyone else to wash their hands before touching, feeding, or holding your baby.
3. **Limit your baby's exposure to illness.** If someone is ill, discourage that person from touching your baby or her toys. When going out, the less crowded and more ventilated the space, the healthier it will be.
4. **Carry hand sanitizer.** When hand-washing isn't an option use alcohol-based sanitizers. Always remember to sanitize after touching ATMs, gas pumps, escalator handrails, shopping carts, and after signing credit card slips. Hand sanitizer isn't recommended for babies.
5. **Tote disinfectant wipes.** If your baby's toy, pacifier, or bottle drops onto the floor, wipe the object off. At a restaurant use the wipes to clean the table or high chair before eating. Make sure the wipes you use are safe for your baby.
6. **Stay away from smoky places.** A smoker inhales only 15% of smoke from a cigarette—the remaining 85% becomes secondhand smoke. If someone next to you is smoking, simply move. There's no safe level of exposure for your baby.
7. **Cover surfaces.** Always place a changing pad, blanket, or towel between your baby and a public surface such as a high chair or changing table. After use, tie it up in a plastic bag to prevent it from contaminating your baby's other items. If you need to use the pad again before washing, be sure you remember which side stays next to your

baby.

8. **Avoid direct sunlight.** The sun is most intense from 10 a.m. to 4 p.m. When it's warm and sunny, dress your baby in lightweight long sleeves and pants, a large-brimmed hat, and/or sunglasses with 99% sun protection.
9. **Don't overdress your baby.** When the weather is cool, dress your baby in one more layer of clothing than you would wear. Babies lose large amounts of heat through their heads, so be sure to remember a hat!

Breastfeed your baby. According to the American Academy of Pediatrics, breastmilk is the ideal source of nutrition and protection for your baby throughout the first year of life. **Breastmilk is the best source of nutrition for your baby** because it's easy to digest, helps protect against food allergies, and gives her protective antibodies to help fight off illness.

Source:

Gerber.com



Harvest Dinner

At the Elderly Nutrition Site
Mino Bimaadiziwin Farm



Menu:

Stew

Breads

Desserts

Coffee/Punch

Date:

October 22, 2010
5pm to 8 pm



**RED CLIFF HEALTH
CLINIC**

88455 Pike Road, Highway 13
Bayfield, WI 54814

Phone: 715-779-3707
Fax: 715-779-3777

We're on the Web!

**www.red-cliff-
health.com**

HALLOWEEN SAFETY

Always use common sense.
Young children should always go
trick-or-treating with an adult.
Never trick-or-treat alone. Have at
least 2 buddies go with you.
Plan your entire route and make
sure your family knows what it is.
Make sure that you are wearing a
flame retardant costume.
Wait until you get home and your
parents check your candy before
you eat it.
Be very cautious of strangers.
Accept treats only in the doorway.
Never go inside a house.
Be sure and say thank you for
your treats.
Don't play near lit jack-o-lanterns.
Visit only houses where the lights
are on.

Walk, Do not run.

Walk on sidewalks and driveways.
Cross the street at the corner or in
a crosswalk.
Take a cellular phone and watch
with you if possible.
Carry a flashlight.
Wear costumes with reflective
markings, and bright colors.
Costumes should not drag the
floor.
Costumes should be made of
flame-resistant material.

Source: halloweensafety.com



What's Going on at the Bayfield Rec Center this Fall?

'Pretend' Yoga

With Gina McCafferty

For Children 2-6 years old and their parents

September 28-November 4 Tues. and Thurs. 8-8:30am

Parents will enjoy the yoga-based poses while children creatively stretch through moves such as Tree and Downward Facing Puppy. Instruction will be provided to accommodate both age groups.

\$33 Members, \$38 Non-members Min of 6

Call 779-5408 to reserve your spot TODAY!

